

## Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106  
Suttons Bay, MI 49682

Phone: (231) 256-8121  
Fax: (231) 256-8129

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)

[seniorinfo@leelanau.gov](mailto:seniorinfo@leelanau.gov)

**Hours: 9:00 a.m. - 5:00 p.m.**

**Monday - Friday**

**April Missias**

Director

**Armanda Krantz**

Account Clerk

**Chet Janik**

County Administrator  
(231) 256-9711

### County Commissioners

**Rick Robbins**

District #1 (Elmwood Township  
& a portion of the City of Traverse City)  
(231) 409-1140  
[rrobbins@leelanau.gov](mailto:rrobbins@leelanau.gov)

**Debra Rushton**

District #2 (Bingham Township  
& a portion of Elmwood Township)  
(231) 941-8286  
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**William Bunek**

District #3 (Suttons Bay Township  
& a portion of Bingham Township)  
(231) 866-4247  
[wbunek@leelanau.gov](mailto:wbunek@leelanau.gov)

**Ty Wessell**

District #4 (Leelanau Township  
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**Patricia Soutas-Little**

District #5  
(Leland & Centerville Townships)  
(231) 218-8496  
[psoutaslittle@leelanau.gov](mailto:psoutaslittle@leelanau.gov)

**Gwenne Allgaier**

District #6  
(Cleveland, Empire &  
Glen Arbor Townships)  
(231) 228-6763  
[gallgaier@leelanau.gov](mailto:gallgaier@leelanau.gov)

**Melinda Lautner**

District #7  
(Solon & Kasson Townships)  
(231) 947-2509  
[mlautner@leelanau.gov](mailto:mlautner@leelanau.gov)

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

Dear Friends,

This summer felt like a whirlwind of events with friends and family members visiting my little parcel of paradise and my family reciprocating and visiting their piece of heaven. One trip was bittersweet, as I attended the memorial service of a childhood friend. I gathered with my group of friends since Middle School to say our goodbyes and reminisce about forging our own paths as individuals and supporting one another as a group all these years. As we each shared memories about Michelle, all of us began with the sentence, "She was my first friend ...". The minister who officiated her service touched on how she had collected people through her life. She had collected my group of friends at different ages and grades in Middle School, and she continued to collect a group of friends in college and beyond creating small families of friends wherever she went.

Michelle gave me one last gift of seeing the beauty of collecting people as we traverse along this adventure of life. I too, have collected people forming families of friends, as well as establishing life-long individual friendships. I am blessed with my collection of people as they continue to embellish my life with their wisdom and wit and I too provided the opportunity to share my gifts with them as well.

Do you have potluck group, book club, a group of friends you play cards with, or someone with whom you confide your deepest thoughts? Where and when did you collect those friends? How many people have you collected over the years?

We are never too old to collect someone and bring them into our fold. We live in a wonderful place that frequently encounters new comers in all settings of our life. Open your eyes and arms for an opportunity to collect someone at a club, the gym, places of worship, at the Farmers Market, the local watering hole, etc.

I don't know about you, but my awareness and collecting skills have become a little rusty during the pandemic. So, I am looking forward to brushing up on my skills and developing new and safe approaches to collecting people that will remind me of the richness of being surrounded by good friends.

Happy Collecting!

Warmly,

*April*

## **Who We Are**

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care\*
- ♦ Respite Care\*
- ♦ Homemaker\*
- ♦ Medication Management\*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons\*\*

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

\* Income and asset tested through application and home evaluation process.

\*\* Funded by USDA

## **As we Welcome the season of Fall, let's talk about falls.**

Contrary to popular belief, falls are not a normal part of aging. Unfortunately, the Centers for Disease Control (CDC) reports some staggering statistics related to falls. Every second of every day, an adult over the age of 65 has a fall. The frequency and cause of injuries of adults in this age group makes falls the leading cause of injury and injury death.

- About 36 million older adults fall each year—resulting in more than 32,000 deaths.
- Each year, about 3 million older adults are treated in emergency departments for a fall injury.
- One out of every five falls causes an injury, such as broken bones or a head injury.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling—usually by falling sideways.
- Women fall more often than men and account for three-quarters of all hip fractures.

At LCSS, we often hear about many of the falls some of you have had at your home and in your community. We worry when someone reports a fall to us and follows it up with this type of statement, "I don't want my doctor or kids to know because they might tell me I shouldn't live alone or stay in my home."

If you are at risk of falling, and have found yourself not wanting to tell anyone; LCSS hopes you will face the fear and discuss your concerns with your primary physician and/or family members because they can be a support for you to ensure you are able to remain in your home.

The CDC has compiled some statements regarding falls. If you answer "Yes" to four of the following statements you may be at risk of falling.

- I have fallen in the past year.
- I use or have been advised to use a cane or walker to get around safely.
- I steady myself by holding onto furniture when walking at home.
- I need to push with my hands to stand up from a chair.
- I have some trouble stepping up onto a curb.  
I often have to rush to the toilet.
- I have lost some feeling in my feet.
- I take medicine that sometimes makes me feel light-headed or more tired than usual.
- I take medicine to help me sleep or improve my mood.
- I often feel sad or depressed.

How did you do? Are you at risk for a fall? If so, please consider discussing with your doctor or family. Preventative approaches may be as simple as

doing some exercises you could do at home to strengthen your body. It may be recommended to see a physical therapist to address your balance, or your fall risk could simply be reduced by making a few changes/modifications (reduce clutter, add grab bars or hand rails, etc.) to your home to mitigate a fall.

## **C.S.F.P.**

### **The Commodity Supplemental Food Program**

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

#### **Q. INCOME REQUIREMENTS**

Less than  
\$1,396 Month or \$16,744 Yr

#### **Q. WHAT DO I NEED TO SIGN UP?**

Picture Identification  
(driver's license, state ID, or passport)  
Proof of household income

#### **Q. HOW DO I SIGN UP?**

Call: Northwest Michigan  
Community Action Agency  
1-800-443-2297

or

Leelanau Christian  
Neighbors  
7322 E Duck Lake Rd  
Lake Leelanau, MI 49653  
During distribution date/  
time

#### **Q. WHEN DO I SIGN UP AND PICK UP FOOD?**

The third Tuesday of every  
month from  
12:00 p.m. - 1:00 p.m.

#### **Q. WHAT WILL I RECEIVE?**

Your monthly food package  
may contain:

Juice  
Canned fruits  
Canned vegetables  
Milk (dry or evaporated)  
Cereal  
Cheese  
A varied starch item  
A varied protein item

## **BASA Virtual Senior Expo**

Bay Area Senior Advocates in Traverse City offered a virtual senior expo in May with videos and resource information available for seniors and their loved ones.

The information will remain on BASA's website throughout the year. This resource is a great opportunity to learn about resources in our area as well as get a feel for an organization prior to contacting them for services.

<http://www.tcseniorexpo.org/>

## **Foot Care Clinic Update**

**We are hoping to restart a foot care clinic in Elmwood Township for this fall. Please call Senior Services if you have an interest in participating in the foot care clinic. We will keep everyone apprised to the status of the clinic.**

**LCSS: (231) 256-8121**

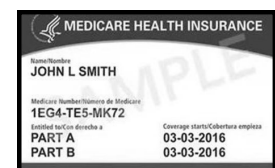


### **Medicare/Medicaid Assistance Program (MMAAP)**

**Open enrollment for 2022 runs from  
October 15, 2021 - December 7, 2021**

We are very lucky to have Bruce Barnes, a MMAAP counselor from the Area Agency on Aging, sharing his expertise while providing assistance to seniors regarding Medicare and Medicaid. He holds office hours twice a month here at the Government Center and can work with you in person or over the phone. He can help you get signed up for Medicare or Medicaid, choose a health care or drug plan, or see if you may be eligible to have your part B Medicare premiums or prescription drug plans paid for through a state assistance Medicaid benefit if you meet income and asset levels. Please call the LCSS office at 231-256-8121 to make an appointment to talk with Bruce.

There is no charge for this invaluable service.



**Fire and Rescue  
Non Emergency  
Numbers:**

Sheriff's Office  
256-8800  
Cedar Fire and Rescue  
228-5396  
Elmwood Twp  
Fire & Rescue  
941-1647  
Glen Lake Fire Dept.  
Station 1: Glen Arbor  
334-3279  
Station 2: Empire  
326-5250  
Grand Traverse Band  
Fire/Rescue  
534-7666  
Leelanau Township Fire  
386-5343  
Leland Fire and Rescue  
256-7760  
Suttons Bay-Bingham  
Fire/Rescue  
271-6978

***We have a new  
e-mail address:***

***If you would like to  
receive our  
newsletter via email  
instead of postal  
service, please email  
us at our new address  
and we'll add you to  
our list.***

***seniorifo@leelanau.gov***

**Are you a Caregiver for someone with Parkinson's Disease**

The Michigan Parkinson Foundation's (MPF) goal is to ensure that all people with Parkinson's receive compassionate quality care. Parkinson's is a complicated disease that can present a variety of symptoms. It's important for caregivers to understand the various symptoms and learn how to provide aid when needed. After discussion and feedback received from stakeholders throughout Michigan, it was apparent to MPF that caregivers are not adequately prepared to care for people with Parkinson's. To address that problem MPF developed the Parkinson Caregiver Education Program, an online training module for direct care workers who provide assistance for people with Parkinson's. Our free training program will provide critical care information for direct care workers, family caregivers, home health aides and others who assist individuals with Parkinson's to ensure better quality care. The entire program can be completed in under an hour.

The free training module consists of (7) five-to-ten-minute videos and can be viewed one video at a time. The topics are below:

- Overview of Parkinson's, what causes the disease, no cure, medication for symptoms, slow progressive.
- Medication: The importance of medication administered on time; unique for each individual
- Managing "freezing" and off episodes (gait freeze, transferring, bed issues, prevent suffocation)
- Ensuring good nutrition, good eating practices for a person with PD, swallowing, choking hazards
- Mealtime atmosphere, eliminate social isolation, maintain dignity.
- Verbal communication problems: Dysarthria (soft speech, weak speech or no speech)
- Managing anxiety, hallucinations, psychosis, delusions, and night terrors

The videos will be hosted free of charge on Relias Academy's website, <https://michiganparkinsonfoundation.academy.reliaslearning.com/> a platform for health care management training programs is geared towards students or professional caregivers.

**Family Caregivers**

If you are caregiver of a family member, please e-mail Michigan Parkinson Foundation's community engagement manager, [alisonC@parkinsonsmi.org](mailto:alisonC@parkinsonsmi.org) with your name, address, e-mail and phone number and Michigan Parkinson Foundation will send you direct links to the videos free of charge.

\*\*\*Please note: This information was taken directly from Michigan Parkinson Foundation's website [www.parkinsonsmi.org](http://www.parkinsonsmi.org)

## **Programs**

With more and more places and group functions opening up after a long COVID year, we are talking about restarting up some of our programs. We are entertaining the thought of holding technology classes under our “Bitesize Learning” informational sessions.

Before COVID hit we had asked you to let us know what it was that you needed help with in the tech world. Some of you responded with requesting smart phone help, how to stream music, videos, and tv channels, cutting the cable/satellite cords, how to buy on Amazon.....the list went on and on.

We would like to coordinate with other organizations, libraries and volunteers to provide this service. We are again taking a survey – what are your tech questions?  
Please call us at 256-8121 and let us know.

Also, please inform us about other programs that you have an interest in or would like to participate in.

### **Leelanau County Solid Waste Council announces the remaining 2021 collection events:**

#### **Household Hazardous Waste (HHW) / Electronics & Document Shredding Collections:**

**MONDAY**, September 13 at Peshawbestown (Noon - 5:30 pm)

**Saturday**, October 16 at Elmwood Township (8 am – 1:30 pm)



Collections are for  
Leelanau County Households ONLY.

Costs for these collections are covered under P.A. 69 of  
2005 – a charge placed on Winter Tax Bills.

Appointments are ALWAYS REQUIRED for every  
collection. Appointment Slots are limited.

Call: Leelanau County Planning at (231) 256-9812 or  
email [planning@leelanau.gov](mailto:planning@leelanau.gov) for an appointment time.

## Fire Prevention, Life Line Pendants and More

October is Fire Prevention Month, and we are reminded by fire and rescue personnel that this is a good time to change the batteries in our smoke and carbon monoxide detectors. If you need assistance with this, please call our office, we may be able to find someone to assist (usually someone from your local fire department).

We thought this also would be a good time for us to touch on the types of lifeline or PERS systems we are familiar with. **PERS** stands for **Personal Emergency Response System**. You are probably familiar with the TV commercial where people “have fallen and can’t get up”.

Here are three different systems that we at Senior Services work with:

### **Freedom Alert:**

- Works up to 600 feet around the house using a landline.
- System dials 9-1-1, you will speak to a Leelanau County dispatcher who will alert your local fire and rescue
- No fall detection feature but if you cannot speak and can only press the button, your address will show up on the 9-1-1 computer system
- Cost of system is \$185.00 – no monthly fee – financial assistance available
- Call Senior Services for info.

### **Munson Medical Alert GPS systems:**

- 2 different systems to choose from, work at home and away from home
- One has a fall detection feature
- Water resistant
- \$45.00 per month
- Call Laura at Munson Medical Alert at 231-935-9133

### **Great Call:**

- Endorsed by John Walsh (America’s Most Wanted)
- Available at Walmart, Best Buy or Rite Aid
- Fall Detection feature
- Monthly Fee “starts at \$25 a month”

- Purchased by a few seniors in Leelanau County no feedback on usage yet though.

This is just the tip of the iceberg on the PER units available. Please let us know about any different systems that you are familiar with – we would love to pass on the information.

### **And More...**

At times we do have a few Freedom Alert systems available through our Medical Equipment Loan Closet at no charge.

### **Leelanau County Medical Awareness:**

forms that contain your personal and medical information. When filled out and sent to Emergency Management (9-1-1), this information is held on file and is useful should you ever need fire or rescue services.

**File of Life:** a mini medical history which can be posted on the outside of one’s refrigerator where fire and rescue personnel are trained to look for it. It can also be carried in a wallet or purse. Free of charge at Senior Services.

**Smart911.** From your computer, laptop, tablet or smart phone, go to Smart911.com. Fill out as much (or as little) information that you would like first responders to have on hand. You can add additional phone numbers so if you are traveling and call 9-1-1 from your cell phone, the information will be available to rescue personnel. Smart911 is available in Leelanau, Grand Traverse and most counties in Northern Michigan, as well as in most major cities in the U.S.

### **Lastly, don’t forget about your pets!**

On the Leelanau County Medical Awareness forms, you may list information about a caretaker to be called to take care of your pets, same with Smart911 which also has a spot for your veterinarian’s information.

Lots to think about! but it only takes a few minutes to put some of these ideas into action regarding emergency preparedness. Please call our office at 256-8121 for questions on any of these topics.

## September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b> Estate Planning	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Office Closed Labor Day	<b>7</b> Empire Food Pantry 5-6	<b>8</b>	<b>9</b> MMAP Specialist	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> LCN 2-6 Hazardous Waste	<b>14</b> Empire Food Pantry 5-6	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> LCN 2-6	<b>21</b> Empire Food Pantry 5-6 Commodities 12-1 LCN	<b>22</b>	<b>23</b> MMAP Specialist	<b>24</b> Commodities 12-1	<b>25</b>
<b>26</b>	<b>27</b> LCN 2-6	<b>28</b> Empire Food Pantry 5-6	<b>29</b>	<b>30</b>	<b>31</b>	

*Food Commodity or Surplus every 3rd  
Tuesday of every month*

## October 2021

*For more information on surplus &  
commodities: 1 (800) 632-7334*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> LCN 2-6	<b>5</b> Empire Food Pantry 5-6	<b>6</b>	<b>7</b> Estate Planning	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> LCN 2-6	<b>12</b> Empire Food Pantry 5-6 Commodities 12-1 LCN	<b>13</b>	<b>14</b> MMAP Specialist	<b>15</b>	<b>16</b> Hazardous Waste
<b>17</b>	<b>18</b> LCN 2-6	<b>19</b> Empire Food Pantry 5-6	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> 31	<b>25</b> LCN 2-6	<b>26</b> Empire Food Pantry 5-6	<b>27</b>	<b>28</b> MMAP Specialist	<b>29</b>	<b>30</b>



## **Food Corner**

Matt and I decided this year to have some sort of fish or seafood twice a week and homemade soup once a week. It's been fun finding different recipes to go with our new eating habits. When I tried this recipe, Matt said it's now his favorite soup. I hope you like it as much as we do. Enjoy ~ Armanda

### **Reminder:**

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

### **Creamy Tortellini Soup**

1 Tbs olive oil  
1 pound Italian sausage, casing removed  
(I used hot Italian sausage)  
3 cloves garlic, minced  
1 medium sweet onion, diced  
2 tsp Italian seasoning  
Kosher salt and freshly ground black pepper, to taste  
2 Tbs all-purpose flour  
4 cups chicken stock (I used chicken broth)  
1 (8oz) can tomato sauce  
1 (9 oz) package refrigerated three cheese tortellini  
1/2 bunch kale, stems removed and leaves chopped  
1/3 cup heavy cream  
3 Tbs chopped fresh basil



1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
2. Stir in garlic, onion and Italian seasoning, Cook, stirring frequently, until onions have become translucent, about 2/3 minutes; season with salt and pepper, to taste.
3. Whisk in flour until lightly browned, about 1 minute.
4. Gradually whisk in chicken stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
5. Stir in tortellini; cover and cook until tender, about 5-7 minutes.
6. Stir in kale until wilted, about 1-2 minutes, stir in heavy cream and basil until heated through, about 1 minute; season with salt and pepper, to taste
7. Serve immediately

<https://damndelicious.net/2019/01/30creamy-tortellini-soup/>

## **Low on food? LCSS can help!**

We here at LCSS love cooking and eating. We share recipes, talk about what we created for last night's dinner, and if we are lucky, we get a tasting.

When the pandemic began, we were saddened to learn how many of our residents and community members don't always have enough to eat, and due to fixed budgets are not always able to purchase fresh produce, or partake of some of the simple pleasures in life such as coffee/tea. We recognize that it is difficult to ask for help, especially when it comes to food; we do not want anyone to go without.

We are well connected with organizations and resources available to assist seniors in meeting their dietary needs. We are firm believers in not saying "no" when it comes to donations and access to resources. As a result, we may be able to assist you in meeting your basic needs as well as occasionally be able to offer some of those simple pleasures in life: coffee, apples, fresh produce.

If you or someone you know struggles to purchase or even be able to get to a store please reach out to us. We would love to work with you to ensure your belly and heart are full.



As COVID-19 cases continue to rise in the region, the Benzie-Leelanau District Health Department is urging residents and visitors to follow the latest guidelines from the Centers for Disease Control and Prevention (CDC) and arm themselves with information to make informed decisions about their health.

Due to the rising number of COVID-19 cases – largely due to the Delta variant – the CDC recently changed its mask wearing and testing recommendations. The CDC now recommends:

- Anyone who is exposed as close contact, regardless of vaccination status, be tested 3-5 days after exposure. To locate testing information, call the health department at 231-256-0200.
- All students and adults in K-12 schools wear a mask indoors, regardless of vaccination status.
- All people in areas where transmission levels are substantial or high wear a mask when indoors, regardless of vaccination status.

You can determine the level of transmission in your county by looking at the CDC's COVID data tracker here: <https://covid.cdc.gov/covid-data-tracker/#county-view>

The Benzie-Leelanau District Health Department has started administering booster doses to people who are considered moderately to severely immunocompromised.

**Here is a list of those eligible because they are moderately to severely immunocompromised:**

- \* Receiving active cancer treatment for tumors or cancers of the blood
- \* Received an organ transplant and are taking medicine to suppress the immune system
- \* Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- \* Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- \* Advanced or untreated HIV infection
- \* Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response
- \* Your health care provider feels you should have an additional dose

Those eligible can self-schedule at <https://www.bldhd.org/> or by calling 231-256-0200.

There have been a lot of reports about boosters being recommended for everyone who received an mRNA vaccine (8 months after the second dose). Currently, there is no official guidance around providing additional doses for anyone outside of the very small percentage of people who qualify as immunocompromised. If/when we receive additional guidance on booster shots, we will release more information.

Everyone is welcome at all health department clinics, including residents and non-residents. All three COVID-19 vaccines are available at every clinic. Minors must be accompanied by a parent/legal guardian. Public health nurses are on site at these events and able to answer any questions about the vaccines. To schedule an appointment, you can go to the Benzie-Leelanau District Health Department website <https://www.bldhd.org/> or call them at (231) 256-0200.

## **Food Pantries:**

**Leelanau Christian Neighbors** is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

**The Empire Food Pantry** is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

**Meals on Wheels:** Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.



# Senior Project Fresh Coupons Available



The US Department of Agriculture has provided LCSS with coupon packs for seniors to be able to pick up fresh local produce/fruit at our local farmers markets.

To be able to acquire the coupons, seniors must meet the following requirements.

- ◆ Applicant must be 60 years of age or older at time of application
- ◆ The main residence of the LCSS applicant must reside in Leelanau County (please provide state issued identification; driver's license, identification card or voter's identification card)
- ◆ Total household income must not exceed 185% of poverty (as certified by your signature on the application form)
  - Household of 1 person income is less than \$23,828
  - Household of 2 persons income is less than \$32,227

Applications are available at the LCSS office in the Government Center. Each applicant must fill out a separate application form even if they are in the same household.

LCSS is limited to 100 coupon packets, so first come first served.

If you have any questions or would like an application, please call LCSS (231) 256-8121



## **5 uses for Cola other than drinking it**

- ⇒ Remove sap from dogs fur: Pour cola over sappy spots and let sit 5 minutes, then rinse and shampoo. (Light fur may temporarily appear darker.)
- ⇒ Erase oil spots from driveway: Pour cola on the stains and let soak for a few hours. Hose down the drive to reveal an oil-free surface.
- ⇒ Quickly clear a clogged drain: Pour 2 liters of cola down the drain and let sit for 15 minutes, then flush with hot water.
- ⇒ Pest-proof your garden: Fill a few jar lids with cola and place around your plants. The critters will be attracted to the sugary scent and crawl inside, where they'll be trapped so you can easily remove them.
- ⇒ Extend the life of cut flowers: fill the vase with 1 part cola and 2 parts water. The cola's high sugar content will nourish the blooms better than water alone, so they'll stay perky and bright for days longer.

## **Veterans services and support**

### **Veterans Affairs**

(Disability, Pension, Death  
Benefits, etc.)

1-231-995-6070

A VA representative is at the  
Leelanau County  
Government Center  
on Tuesdays only.  
Call for appointment

### **Grand Traverse County Chapter Disabled American Veterans**

(Coordinates  
transportation to VA  
medical facilities)  
1-231-313-9357

### **VA Clinic**

(Health Care)

1-231-932-9720

### **Vet Center**

(Readjustment  
Counseling-PTSD)  
1-231-935-0051

### **Supportive**

### **Services for**

### **Veteran Families**

(Homeless Veterans)

1-844-900-0500

Please contact one of these  
service providers if you or  
someone you know can  
benefit from any or all of  
these resources.

### **Veterans In Crises**

(850) 294-3230

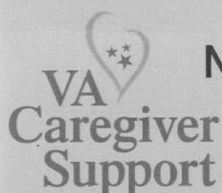
veteransincrisis.org

A community-Based Effort to  
Help Veterans in Northern  
Michigan

# **VIRTUAL CAREGIVER SUMMIT**

## **Empowering and Engaging Caregivers as Partners in Care**

A virtual meeting for professionals who  
work with caregivers of Veterans



**Monday, September 20, 2021**

**9:00 a.m. - 12:00 p.m.**

### **Program Schedule**

- 9:00 a.m. Welcome and Overview of the Caregiver Support Program
- 9:20 a.m. The Campaign of Inclusive Care
- 10:30 a.m. Presentation on services and collaboration by Great Lakes  
PACE/A & D Waiver
- 10:45 a.m. Presentation on services and collaboration by the Vet Center
- 11:00 a.m. Presentation on services and collaboration by Veteran  
Service Officer
- 11:15 a.m. Presentation on services and collaboration by the Alzheimer's  
Association
- 11:30 a.m. Roundtable discussion on including Caregivers with the  
Inclusive Care Model

Registration required for CEU's for Social Workers, RNs, and  
Psychologists.

To RSVP or for questions, please email [Christine.Stockford@va.gov](mailto:Christine.Stockford@va.gov) or call  
989-497-2500, extension 12465.

To Join the Meeting: TMS Module 4571552

<https://veteransaffairs.webex.com/>

Event number (access code): 199 192 7506

Event password: #2021Summit



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Alfred E. Lutz Medical Center, Saginaw, MI

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**Leelanau County Senior Services**



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# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*



**Leelanau County Senior Services**

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)